

# The **OPEN** Academic Language Project

Based on the Virginia Physical Education Standards of Learning

Academic Language Card Set

# GRADE FOUR

# Fitness Planning



More Physical Education Curriculum Tools at [www.OPENPhysEd.org](http://www.OPENPhysEd.org)  
OPEN is a Public Service of US Games

# ANALYZE

(Verb)

To observe something to get important information about it.

Liam analyzed Caden's movements, which helped him anticipate exactly where the ball was going to go.  
(VA SOL 4.3)

# HEALTH-RELATED CRITERION REFERENCED TEST

(Noun)

A test with predetermined criteria that must be met for students to pass according to expectations regarding their physical health.

Mr. Spoon conducted a health-related criterion-referenced test and compared his students' scores to the those in the rest of the state.

(VA SOL 4.3)

# HEALTH-RELATED FITNESS

(Noun)

A group of 5 physical characteristics that contribute to a person's overall well-being. The 5 components of Health-Related Fitness include Cardiovascular Endurance, Muscular Strength, Muscular Endurance, Flexibility, and Body Composition.

Katie understood the importance of each component of health-related fitness and made every effort to be active for 60 minutes a day.

(VA SOL 4.3)

# REFLECT

(Verb)

To think deeply or  
carefully about something.

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Miss Henry asked the students to reflect on  
the progress of their fitness goals.

*(VA SOL 4.3)*

# SMART GOALS

(Noun)

SMART goals are specific, measurable, attainable, realistic and timely.

Connor made a SMART goal to improve his muscular strength.

*(VA SOL 4.3)*